

TRIFEST FOR MS – OLYMPIC DISTANCE

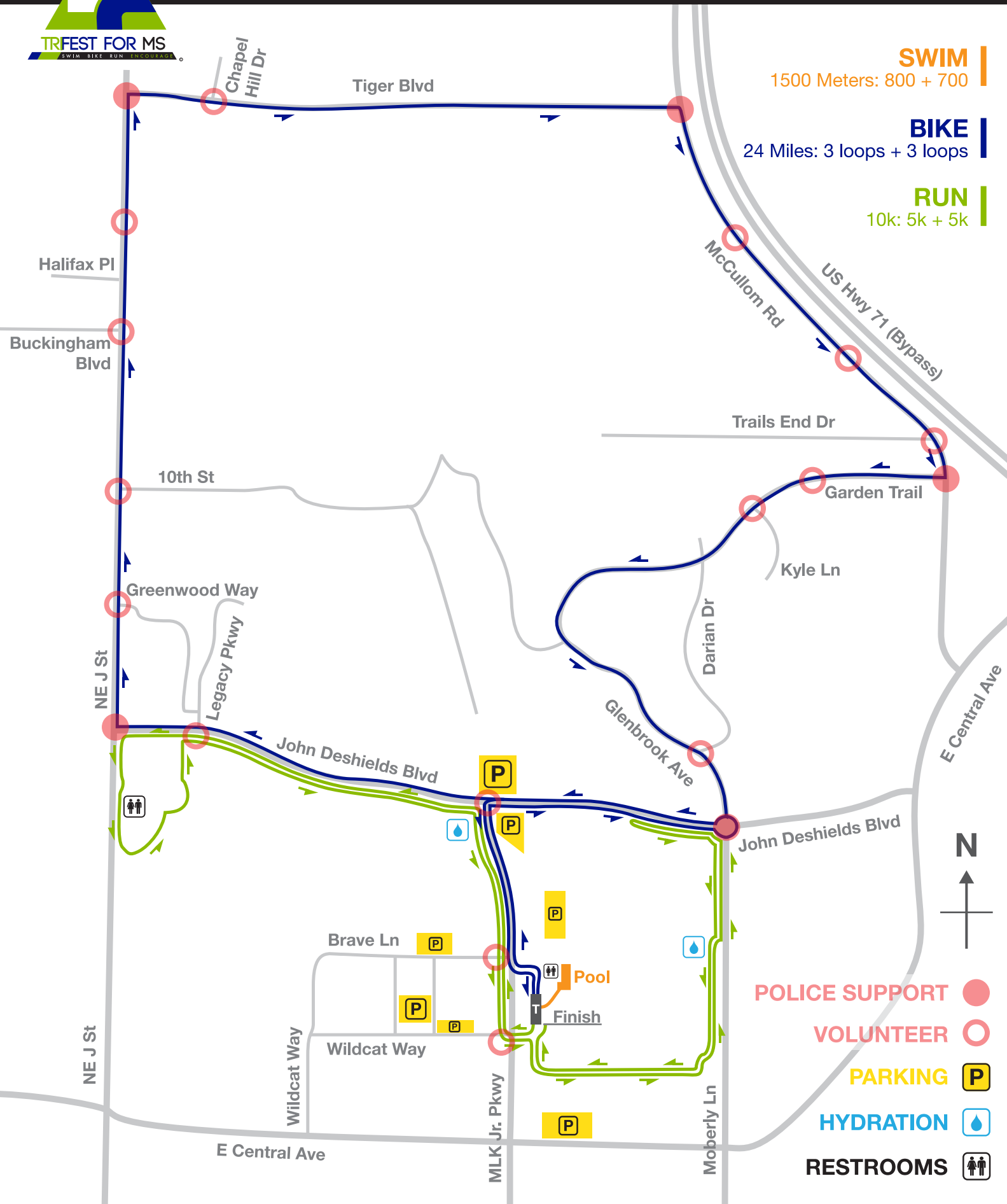
F1 FORMAT: SWIM/BIKE/RUN/SWIM/BIKE/RUN



SWIM
1500 Meters: 800 + 700

BIKE
24 Miles: 3 loops + 3 loops

RUN
10k: 5k + 5k



- POLICE SUPPORT** ●
- VOLUNTEER** ○
- PARKING** P
- HYDRATION** ☒
- RESTROOMS** ♀